

Fruit Salsa

Makes: 4 servings

A salsa that is different from what you may usually have, this fruit recipe can be a great way to help older kids and teens learn safe knife skills in the kitchen.

Ingredients

1 cup strawberries (diced)
1 banana (diced)
1 kiwi (peeled and diced)
1 apple (cored and diced)
2 tablespoons lemon juice
1/4 cup sugar
1/4 teaspoon nutmeg
1/4 teaspoon cinnamon

Directions

Remember to wash your hands!

1. Combine fruits in a medium mixing bowl and add lemon juice.
2. Stir in sugar, nutmeg and cinnamon. Mix well.
3. Refrigerate until serving time.


Kansas Family Nutrition Program, Kids a Cookin'

Nutrition Information

Nutrients	Amount
Calories	120
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	3 mg
Total Carbohydrate	31 g
Dietary Fiber	3 g
Total Sugars	24 g
Added Sugars included	12 g
Protein	1 g
Vitamin D	0 IU
Calcium	19 mg
Iron	0 mg
Potassium	274 mg

N/A - data is not available

MyPlate Food Groups

 Fruits 1 cup